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Bert Hurdles 90 With Ease

In the January 2002 issue of *Teeter Hang Ups News*, we introduced you to an exceptional inversion devotee named Bert Morrow. This 90-year-old track and field competitor was a regular on the Rosie O’Donnell show, has countless medals for hurdling and sprints in senior regional, national and world competitions, and has achieved several world records in these events.

Bert credits daily use of his inversion table for the decompression and added flexibility that keeps him winning in a high impact sport. “It’s been a blessing to me. I’m afraid I’m preaching the gospel of inversion all the time for anyone who’s got back problems.” He also says that he’s doing his part to keep our retailers in southern California in business, referring countless customers in search of an inversion table of their own!



Above: Bert says he feels like he’s flying when he hurdles. **Inset:** Demonstrating how he performs over 40 inverted sit-ups a day!

Having celebrated his 90th birthday in November, Bert will now be seeking the world record in the over 90 category. We’ll be cheering for you, Bert!